



# Chronic Disease Course Package: Understanding Your High-Cost Populations

## The Challenge

Chronic diseases, such as diabetes, asthma, and coronary artery disease, are among the leading cost drivers for the patient and payer perspective, while requiring significant staff investment from healthcare providers. Approximately 86% of the United States' healthcare expenditure, a startling **495 billion dollars** in 2014, is spent on treating chronic diseases.

With healthcare transitioning to value-based reimbursements, chronic disease care and management as a leading cost driver will have increased emphasis on quality of care and patient outcomes. Therefore, improving outcomes while reducing costs will require investment in a more proactive, comprehensive management of chronic diseases. Due to the complex nature of chronic diseases, staff and providers need to be well-equipped and prepared to accurately diagnose and treat based on the latest research and evidence-based practices. However, knowledge on the individual diseases is not enough—staff and providers also need to be well-versed in how comorbidity plays a factor into the presenting conditions to treat the whole person.

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## The Solution

Empower your staff and providers to succeed in the new environment by offering education and high-quality training on clinical best practices, as well as successfully constructing care teams to treat chronic diseases. As reimbursement systems change to reflect the importance of outcomes,

investing in training will help providers improve care, appropriately leverage staff, and hit their performance goals tied to reimbursement.

Relias has developed a new **Chronic Disease Management Package** consisting of online courses that payers can offer to their staff and providers to build better clinical expertise. This training resource covers important topics, such as:

- Overviews of different chronic diseases
- Managing comorbidity—physical and behavioral
- Caring for Medicaid members with chronic diseases
- Building successful care teams

All our content is delivered through our easy-to-use user interface that staff can access online anytime, anywhere to help support effective and efficient care planning.

## Interested in learning more?

[SEE THE PACKAGE](#)

## Chronic Disease Management Package

- Payer Perspective: Diabetes Management
- Payer Perspective: Hypertension/CAD/CHF
- Payer Perspective: Asthma/COPD
- Payer Perspective: Comorbidity Management (Physical and Behavioral)
- Payer Perspective: Comorbidity Management
- Payer Perspective: Adherence
- Payer Perspective: Care Coordination of Chronic Diseases
- Managing Medicaid Members with Chronic Behavioral and Physical Health Conditions
- Managing Medicaid Members with Chronic Physical Conditions
- Building Care Teams and Establishing Check Points: Asthma/COPD
- Building Care Teams and Establishing Check Points: Diabetes
- Building Care Teams and Establishing Check Points: Hypertension/CHF/CAD
- Building Care Teams and Establishing Check Points: Depression/Anxiety

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